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Recovery Kernel (NAC, 5-MTHF, □□□□□□, □□□□ □□□□, CoQ10, DHA, UMP, □□□)□ □□□ □□ □ □□□ □□□□ □□□, □□□ □□□ □□□ □□□. □□□□□ □□□ □□ □□, □ □□□□ □□ □□□ □□ □□ □□□ □□□□ □□□□ □□□. □□ AMPA □□□□ □□, NGF/BDNF □□ □□, □□□ □□, □□ □□ □ □□ □□□ □□□□ □□ □□□ □□□ □□□□□. □□□ □□ □□□ □□□ □□□ □□□ □□□□□ □□□ □ □□□ □□□□.

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Noopept (N-phenylacetyl-L-prolylglycine ethyl ester)[illegible] [illegible] [illegible] [illegible] [illegible] 1000 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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III.3 — □□(Semax)□ □□□(Selank) — □□□□ □□□

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III.4 — □□ □□□ — □□□ □□ □□□□ □□ □□□

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CDP-콜린 (시티콜린)	콜린 전구체로 뇌 세포막: 인지기능 개선 효과 입증 많은 연구 있음, 기억력 및 집중력 향상 보고되고 있습니다. 두 가지 작용 메커니즘: 인지기능 향상제, 뇌세포 보호제, 글루탐산 AMPA 수용체 활성화 억제 작용 있다 보고됩니다.	일반 250-500mg 두 번씩 복용하는 것이 일반적입니다. CDP-콜린 경우 식전 식후 상관 없다고하며, 두 번씩 복용하는 것 보다 한 번에 복용하는 것이 더 효과적이라는 보고됩니다.
알파-GPC	CDP-콜린과 같이 콜린의 두 번째 전구체 중 하나입니다. 뇌 혈액장벽 통과 잘 하는 콜린원(콜린/알파 글리세로 포스), 뇌 내 콜린 농도증가.	일반적 300~600mg 복용합니다. 식전 식후 상관 없다(식전, 식후 상관 없다, 식전 식후 모두)는 보고됩니다, 두 번씩 복용하는 CDP-콜린 보다 더 효과적.

III.5 - 뇌 건강을 위한 보충제

뇌 건강을 위한 보충제 종류는 다양합니다. 보충제를 선택할 때는. 뇌 건강 및 인지 기능을 위한 보충제 종류는 다양하며, 각각 다른 작용 메커니즘을 가지고 있습니다.

보충제	어떤 효과를 보이나?	부작용 및 주의:	더 알아야 할 사항?
1 일~30 일 (뇌세포 재생 주기)	뇌 건강제: 5-MTHF, 메틸코발라민, NAC, 글루타치온, DHA, 코엔자임 Q10. 뇌세포 재생에 도움됩니다.	위장 장, 간 독성 주의, 혈액 희석. 뇌 재생에 도움이 되는 보충제 종류입니다.	뇌세포 재생에는 많은 시간이 필요하며 꾸준한 복용이 필요합니다. 하루 아침에 뇌 세포 재생이 되는 것은 아니며 몇 개월 혹은 몇 년 꾸준히 복용 해야 효과를 볼 수 있습니다.
30~60 일정 (시냅스 재생 주기)	노페프트 10mg 두 번씩 뇌 세포 재생에 도움됩니다. CDP-콜린 250mg 두 번씩 복용합니다.	위장 장애, 간독성 주의 필요 뇌 세포 재생에 도움됩니다. 노페프트 간독성. 뇌 세포 재생에 도움이 두 번씩 2 개 정도 복용합니다.	Noopept 는 뇌 신경성장 인자 (AMPA, NGF, BDNF)를 증가 시킴, 신경세포 재생 도움됩니다. Noopept 는 신경성장, 신경세포 재생에 도움이 되는 보충제 종류 중 하나입니다. 뇌 세포 재생에 도움이 되는 보충제입니다.
60 일정도 90 일정도 (신경세포 재생)	뇌 신경세포 재생에 800mg 두 번씩복용합니다. 2 개 정도 보충제 복용합니다.	위장 장애, 간 독성, 신경세포 재생 주의 필요. 뇌 AMPA 수용체 활성화 억제 보충제.	신경세포 재생에 도움이 되는 보충제입니다. 신경세포 재생 2 개 정도 두 번씩 복용하는 것이 좋다고 보고됩니다.
90 일 이상 (신경세포재생, 뇌세포 재생 주기)	뇌세포 재생에 도움이 되는 보충제 중 하나, 콜린원 750mg 두 번씩 복용 하는 것 이 좋다고합니다.	위장 장 독성 주의, 혈액 희석, 간. 신경세포재생 도움이 되는 보충제 종류 중 하나 두 개 정도 복용합니다.	신경세포재생 도움이 두 번씩 복용하는 것이 좋다고 보고됩니다. 뇌 세포재생 도움이 되는 보충제 종류 중 하나입니다. 뇌 세포재생 도움이 되는 보충제입니다.

90 일 이상, 이후 2~3 일.	□□□□□□□, □□□ □□□ □□□ □□□ 100~200mg □□. □□ □□□□ □□□□.	□□ □□, □□ □□, □□ □□□ □□ □□ □□□ □□ □□□ □□□□□. □□ □□ □□□ □□□□□□□ (□ □□ □□□ □□□□ □□ □□□ □ □□□□).	□□□□□□□□ □□ □□□ □□□□ □□ □□□ □□□ □□ □□□ □□□□□. □□□ □□□ □□□ □□ □□□□ □□□□. □□ □□□ □□□ □□□□ □□, □□ □□□□ □□□□ □□, □□□□ □□ □□□ □□□ □□□ □□□□ □□□.

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